



Trip Planning

The 10 Essentials



www.NPS.gov/HealthandSafety

Know Before You Go: TOP 5 TIPS

- 1 Visit www.nps.gov & get to know your park
- 2 Know your limits: Pick the activity for you
- 3 Pack the 10 Essentials:
Navigation, Sun Protection, Insulation, Illumination,
First-Aid, Fire, Tool Kit, Food, Water, Shelter
- 4 Leave your trip plan at home with a friend
- 5 Have a plan in case you get lost or injured